



## The Athlete's Fix: A Program to Find Your Best Foods for Performance and Health

By Pip Taylor

VeloPress. Paperback. Book Condition: new. BRAND NEW, The Athlete's Fix: A Program to Find Your Best Foods for Performance and Health, Pip Taylor, In "The Athlete s Fix," sports nutritionist and pro triathlete Pip Taylor lays out a sensible step-by-step program to find the foods that make athletes feel and perform their best. She helps athletes navigate confusing and conflicting information about food allergies like celiac disease and lactose intolerance and also popular elimination diets like Paleo, Dukan, Dash, and detox. Endurance sports stress the body, often worsening mild food intolerances and making food allergies more severe. To improve their symptoms, athletes often simply eliminate entire food groups, a blunt way out that doesn't address the root problem and can leave athletes undernourished and hurt performance. "The Athlete s Fix" offers a smarter, fine-tuned approach. Taylor shows how athletes seeking high performance will benefit most from a diet full of a wide variety of foods. Her step-by-step program helps athletes isolate and identify their specific trouble foods while enabling them to eat a healthy variety of high-performance foods. "The Athlete s Fix" examines hot issues for athletes like: Celiac disease, gluten intolerance, and gluten free dietsLactose intoleranceElimination and detox...



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